



MAHPERD

Michigan Association for Health,
Physical Education, Recreation and Dance

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Representative Tim Melton
Chairperson
House Committee on Education

Mr. Chairman and Members of the Committee,

My name is Roger Jackson, and I want to thank you for the opportunity to testify on behalf of House Bills 4923 and 4924.

I have the honor of sitting on the Steering Committee of the Healthy Kids, Healthy Michigan Coalition for Healthy Weight in Children (HKHM), and serving as the Executive Director of the Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD).

There is no lack of evidence to say that the obesity epidemic needs to be addressed sooner than later. In the past two months alone, we have seen the *White House Task Force on Childhood Obesity Report to the President*, the *Youth Risk Behavior Survey 2009*, *Shape of the Nation 2010*, and *F as in Fat: How Obesity Threatens America's Future 2010*, all tell us that if we do not tackle the problem now, it will continue to escalate at an ever increasing rate.

The *Youth Risk Behavior Survey 2009* reports that the obesity level for Michigan teenagers is 11.9 percent, with another 14.2 percent classified as overweight. That is a total of 26.1 percent. The picture becomes even more alarming when the numbers for Detroit are examined. An obesity level of 20.8 percent, added to overweight numbers of 19.6 percent, should shock everyone.

A report out of Ohio State University in June of 2009, also reports that 1 out of 5 4 year olds are obese, and score significantly lower on intelligence tests. We also have seen an increase in Type 2 diabetes in children, with the possibility that 1 out of 3 kindergarteners may develop the disease by the time they reach high school. Another recent report from the military said that 27 percent of 17 to 24 year olds that attempt to enter the military are rejected because they are too heavy, even though they allow up to 30 percent body fat in males, and a high number for women.

Obesity related health care costs were estimated at \$147 billion dollars in 2008, as reported by the Centers for Disease Control. Most of these problems are considered preventable.

By themselves, Physical Education and Health Education are not the “silver bullet” to cure the obesity epidemic, but as the HKHM Coalition of 110 organizations agreed in 2008, they are necessary tools in a multifaceted approach. An article written by Bryan McCullick, a researcher from the University of Georgia School of Education and published in the Atlanta Journal Constitution said that, “Obesity won’t improve without reforming physical education.”

This is not your Father’s PE! We all have seen or experienced a bad physical education program. This is not the type of program the HB 4923 would require. Michigan already has approved standards that are aligned with the national recommended standards, and Grade Level Content Expectations, which programs would be required to follow. Physical Education and Health Education are designed to give children the skills and content knowledge to make well informed decisions on how to make choices for living an active, healthy lifestyle. They are the necessary base for physical activity programs that can also enhance the learning capability of students throughout the academic system, which has also been well documented. In addition to having generally positive effects on test scores, well established physical education/physical activity programs have produced positive results on student behavior referral reduction, less absenteeism and tardiness.(Resources available upon request.) (See attached graphic from Hillman et al 2009)

Cost always comes up, as it should. The question to be answered is, “How can we afford *not* to do this?” The cost of dealing with obesity will continue to escalate and the health care costs down the road will grow exponentially higher. Many of us have used the cliché, “an ounce of prevention is worth a pound of cure,” and I refer back to the old Fram Oil Filter ad, which said, “You can pay me now, or you can pay me later.”

The cost of these bills could actually be less than most changes to the school curriculums. A survey taken by the Michigan Department of Education, which was cited in the Fiscal Impact statement for Senate Bill 365, stated that approximately 76% of schools already provide physical education at the levels required by HB 4923. The benefits that can be attained by quality physical education and health education programs, when properly implemented and taught by trained, certified physical educators and health educators.

When school resumes in the fall, I would like to invite members of the committee to witness a quality Physical Education program in progress, hopefully, in your home district. Please feel free to contact me at any time.

Respectfully submitted,
Roger S. Jackson
MAHPERD, Executive Director
HKHM Steering Committee, Treasurer

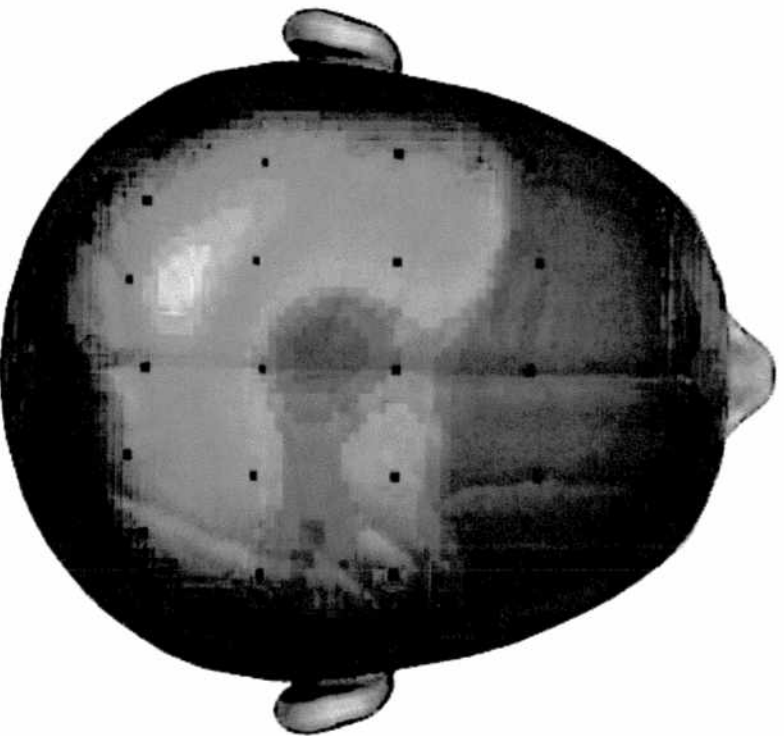
Hillman/ Castelli Study

April 1, 2009

- Is a single bout of moderate exercise beneficial for cognitive function?
- Used walking for 20 minutes on a treadmill
- Conclusion: Positive outcome linking physical activity, attention and academic achievement

Average composite of 20 student brains taking the same test

Brain after sitting quietly



Brain after 20 minute walk

